



Pfc. Gerald Jay N. Ayugat (right), food service specialist, prepares collared greens with guidance from Sgt. Jonathan C. Valles, culinary NCO, for a lunchtime meal during the Phillip A. Connelly Awards Program competition. Both Soldiers serve on the 2-11th FA Regt. Field Feeding Team. The FFT participated in the Department of the Army level Phillip A. Connelly Competition against three other teams from around the world.

# Culinary warriors compete in Army-wide competition

Story and photos by  
**SGT. IAN IVES**  
2nd Brigade Combat Team Public Affairs  
25th Infantry Division  
SCHOFIELD BARRACKS — After more than a year of training for countless hours with rare opportunities for time-off, Soldiers on the Field Feeding Team (FFT) with 2nd Battalion, 11th Field Artillery Regiment, 2nd Brigade Combat Team, 25th Infantry Division, finally had the chance to show off what they have been prepping for Feb. 25.

The Soldiers competed for a chance to be named the best FFT in the Army through the 48th Phillip A. Connelly Awards Program.

“We are looking for excellence,” said Chief

Warrant Officer 5 Princido Texidor, Army food advisor and one of three evaluators. “We are looking to see who is providing the best chow possible to our Soldiers in a field environment.”

The competition began early last year for 2-11th FA Reg. ’s FFT when it competed at the brigade level. The FFT won the U.S. Army-Pacific level of the Connelly, last September.

“After the team won the USARPAC level of the Phillip A. Connelly Awards Program competition, they went right back into garrison without much recovery time,” said 1st Lt. Isaac Goodin, officer in charge of the 2-11th’s FFT. “To begin training for the Department of the Army competition, they skipped Christmas block leave.”

Dedicated and armed with knowledge of mistakes made in earlier levels of the competition, Soldiers of the FFT confidently displayed their abilities to the evaluators at their well-constructed field feeding site on East Range.

“There is a little bit of pressure being in the competition,” said Sgt. Jonathan C. Valles, 2-11th FA FFT. “It has been a learning experience, and now that we have made it to the Department of the Army level, we are all very knowledgeable in food service techniques and regulations, so I feel very confident about winning.”

Valles proved his dedication to the competition by participating in the Connelly, despite his wife possibly going into labor that day. Valles said that he’d be at the competition until it ends,

unless his wife actually goes into labor.

The entire team shared Valles’ dedication, which showed how much blood, sweat and tears have gone into this competition. Winning may mean the world to the team.

Regardless of the outcome, they will not come out empty-handed.

“I don’t want my Soldiers to be discouraged if we lose,” said Valles. “I want them to remember what they have accomplished, so they can carry everything they have learned through their careers.”

The winner of the competition will be announced in April. Until then, the 2-11th FA Reg. FFT can finally begin to relax and enjoy their victories in the competition thus far.



The Connelly award is displayed by the evaluation team from the Dept. of the Army (left) with the members of the 2-11th FA FFT. The 2-11th team won the USARPAC level of the competition in September.

## Connelly Award

The Phillip A. Connelly Awards Program, commonly referred to as the Connelly, recognizes culinary service specialists who provide the best possible food service for Soldiers.

Four teams will be evaluated on cooking skills and knowledge, equipment maintenance, sanitation and site layout.

Two Soldiers from the winning unit will be sent to the Culinary Institute of America for two weeks of training with some of the top chefs in the country.



Staff Sgt. Derek Lewellen (right), NCOIC, 2-11th FA FFT, briefs evaluators during the competition. The team members gave up their holiday leave to continue fine-tuning their culinary skills.

# ‘Warrior Brigade’ officer helps Turkish man fight cancer

**SGT. IAN IVES**  
2nd Brigade Combat Team Public Affairs  
25th Infantry Division  
SCHOFIELD BARRACKS — Since the beginning of the year, 2nd Brigade Combat Team, 25th Infantry Division, has been focused on exercise Lightning Forge.

While many Soldiers were in the field training to transition into a light infantry brigade, 1st Lt. Brenna Heisterman, an engineering officer and the executive officer of Headquarters and Headquarters Company, 2nd BCT, was on a flight to San Diego to donate bone marrow to a stranger.

Heisterman, a native of Clifton, New Jersey, displayed her dedication to the Army Values when she volunteered for the C.W. Young Bone Marrow Donation Program in 2011 during her sophomore year at West Point Military Academy.

“I was contacted by the program, Sept. 23, last year, requesting for me to have more blood work done for testing because I had been identified as a possible match,” said Heisterman. “I was then contacted again in January confirming that I was the best match for this patient.”

Her donor patient, a 29-year-old male from Turkey, is a patient diagnosed with Chronic Myelogenous Leukemia. It is the program’s policy that the patient’s name and address are withheld from the donor until a year following the donation to prevent conflict of interest.

“The way the selection process works in this situation was the hospital in Turkey first checked for possible donors in the European registry, and after not finding any matches there, they searched the



Courtesy photo

1st Lt. Brenna Heisterman, engineering officer and executive officer for HHC, 2nd BCT, 25th ID, gets her blood circulated through a machine that separates the blood cells as part of a bone marrow donation, Feb. 10, in San Diego. Heisterman volunteered to donate her bone marrow to a cancer patient from the country of Turkey.

international registry, finding me,” said Heisterman, a small-framed, blonde-haired, blue-eyed woman. “It’s crazy to think that out of everyone in the world who is a donor, including his own family, that I am his closest match.”

While Heisterman wanted to donate, the dates scheduled for her procedure fell during Lightning Forge. Finding herself at a crossroads, Heisterman sought the guidance of 1st Sgt. Keneti Pauulu, an infantryman and the first sergeant for HHC, 2nd BCT, who had been through the procedure himself only a few years earlier.

“She wasn’t sure if she wanted to do it because of the training exercise coming up,” said Pauulu. “I talked to her and told her to just do it, and the chain of command will support you. It wasn’t like she was skipping out on the field; she was helping someone and possibly saving their life.”

With the encouragement from Pauulu, Heisterman made the necessary arrangements for her trip to San Diego with no hesitation.

“The program was very good about taking care of me,” Heisterman said, gratefully, with a smile. “They paid for everything from my plane ticket, hotel and transportation to even flying my mom from Delaware to be with me.”

Her trip to San Diego lasted a total of six days, which consisted of four days of injections, one day harvesting the bone marrow and one day of recovery.

Heisterman said she experienced fatigue after the third day of injections. She noticed minor side effects, such as bone pain, muscle weakness and nausea – also after the third day of injections.

The morning of the fifth day of her trip, Heisterman began the harvesting procedure. The harvesting required her to be hooked up to a machine that would take her blood, process the parts needed for the donation and return the rest to her. This procedure took five hours to complete.

“During the procedure, I had to keep as still as possible,” said Heisterman, laughing to herself before continuing. “I couldn’t even move my arms to feed myself, so I had to have my mom feed me. The hospital staff told me that, after the harvesting was complete, all of the blood in my body had circulated through the machine seven times.”

After the procedure, Heisterman’s donation was given to a certified carrier who transported it to the patient in Turkey. The man she donated to was already prepped and waiting for his own procedure.

Heisterman will have to wait a year from the date of her donation to learn the results of his procedure. Heisterman said she plans to try to follow up with the man after the year passes.

“I hope he gets better,” said Heisterman as tears trickled down her face. “Not just because I went through physical pain for the donation, but it’s sad to think about. Someone is suffering out there. It feels good to know that I did what I could to help and that I have a chain of command that supported me donating.”

Heisterman did not donate to receive an award or special recognition. She donated for the possibility of saving the life of another human being. She donated because she was living the Army Value of selfless service.





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Col. Richard A. Fromm  
**Garrison Command Sergeant Major**  
CSM Louis C. Felicioni  
**Director, Public Affairs**  
Dennis C. Drake  
656-3154  
**Chief, Internal Communication**  
Aiko Rose Brum, 656-3155  
editor@hawaiiarmyweekly.com  
**News Editor**  
John Reese 656-3488  
news@hawaiiarmyweekly.com  
**Pau Hana Editor**  
Jack Wiers 656-3157  
community@hawaiiarmyweekly.com  
**Staff Writers and Photo Editors**  
Christine Cabalo 656-3150  
reporter@hawaiiarmyweekly.com  
**Layout**  
Kristen Wong  
**Advertising:** 529-4700  
**Classifieds:** 521-9111  
**Address:**  
Public Affairs Office  
745 Wright Ave., WAAF  
Building 107, 2nd Floor  
Schofield Barracks, HI 96857-5000  
**Website:**  
www.hawaiiarmyweekly.com  
**Nondelivery or distribution**  
656-3155 or 656-3488

Contributing Commands  
**U.S. Army-Pacific**  
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**25th Infantry Division**  
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# Rebalance to Asia-Pacific ‘being realized’

TERRI MOON CRONK

DoD News, Defense Media Activity

WASHINGTON — The U.S. military’s strategic rebalance to the Asia-Pacific region is “real and being realized,” the commander of U.S. Pacific Command told Pentagon reporters, Feb. 25.

After testifying before House and Senate committees this week, Navy Adm. Harry Harris Jr. said he appreciated “the opportunity to go on the record about America’s rebalance,” adding that it cannot take place quickly enough in his area of responsibility, which covers 36 nations and half the globe.

The rebalance to the region comprises four components, he said – economic, political, military and diplomatic.

“I’ve always said the most visible component is the military, because you can see an aircraft carrier, or joint strike fighter, or all of the other things that we’re



Harris

sending out to the Pacific,” he added.

The Navy and Air Force want to have 60 percent of their forces in the region by

2020, and because the Navy’s presence is nearly at 50 percent today, “we’re proceeding apace,” Harris said. “It’s a well-thought-out strategy in my opinion, and I think we’re moving right along at the proper timeline.”

## Navigation ops must continue

In the meantime, Harris emphasized, the United States must continue to exercise its rights of freedom in maritime and airspace navigation in international waters in the region, such as in the South China Sea.

“This is nothing new for the United States,” the admiral told reporters. “We’ve been doing freedom of navigation operations around the world for decades. We’ll continue to do them ... with increasing complexity as we move forward.”

The PACOM commander said the United States also must encourage its

like-minded network of nations in the Asia-Pacific region to exercise their freedoms of navigation.

## China militarizing South China Sea

Harris noted that he told both the Senate and the House last week that he believes China is militarizing the South China Sea. The Chinese are adding advanced fighters and advanced missile systems, he added, and have built three 10,000-foot-long runways on islands they say they’ve reclaimed, he added.

“I’ll pay attention to the threat. But that is not going to prevent us from flying, sailing or operating wherever international law allows,” he said.

“The United States and our patrols – military patrols, air and maritime, in the South China Sea – haven’t really changed,” Harris said. “We have a consistent presence in the western Pacific, and we have had that for decades.”

# 2016 AER theme is ‘Never leave a Soldier behind’

DEPARTMENT OF THE ARMY

News Release

WASHINGTON — For the past 74 years, Army Emergency Relief has clearly made a difference in enhancing the readiness and relieving the distress of Soldiers and their families by providing \$1.7 billion in needed financial assistance.

Last year alone, over \$70 million in interest-free loans and grants was distributed to more than 48,000 Soldiers and dependents. Such an extraordinary accomplishment is not sustainable without the continued generosity of active duty and retired Soldiers and Army civilians.

Unfortunately, the number of Soldiers donating to AER over the past two years has declined 40 percent. This year, we are asking commands to re-emphasize annual fundraising efforts to maintain past levels of AER support. These efforts include the following:

- Ensuring every Soldier receives the opportunity to voluntarily donate through on-the-job solicitation.
- Creating a greater awareness of AER benefits through sustained publicity before and during the campaign.
- Conducting robust campaign kickoff events involving installation leaders at all levels.

The 2016 AER annual fundraising campaign began Tuesday and continues until May 15. The campaign theme, “Never Leave a Soldier Behind,” carries the solemn and enduring promise of “Soldiers helping Soldiers – yesterday, today and tomorrow.”



## 5 STEPS in FAITH

# The legend of Eddie, 40-foot waves bring sense of awe

CHAPLAIN (MAJ.) JOHN GRAUER

Plans and Operations

U.S. Army Garrison-Hawaii

The roads to the North Shore were crowded as more than 15,000 people took time from their busy day and made their way through the surf community of Haleiwa to watch one of the most storied and celebrated surfing events in the world – “The Eddie Aikau.”

Some fans camped out on the beach to get a good spot, while others slept in their vehicles.

The waves needed to be 40 feet high and sustained for a long enough period to allow the greatest big wave surfers the opportunity to show their mettle on the waters.

It was 2009 when the last “Eddie” was held. The big-wave event honors the legendary Eddie Aikau, Waimea Bay’s first lifeguard. A North Shore local and respected waterman, Aikau spent his time rescuing swimmers and surfing big swells.

After competing as a professional surfer, Aikau was selected to join an expedition on a Polynesian voyaging canoe – the Hokule’a – headed for Tahiti. But mission was quickly abandoned when the Hokule’a encountered a storm and capsized. After surviving the night with his crewmates, Aikau decided to paddle to land for help.



Eddie Aikau

*“Despite his unparalleled skills in the water, he would never reach land. A massive manhunt began, including the deployment of the largest air and sea search in Hawaiian history, but Aikau was never seen again.”*

— World Surf League

A prayer circle in Waimea Bay, prior to the event, remembered Eddie and what he gave to the community. But the prayers offered were not just for Eddie. They were for all the surfers who gave their lives to the ocean in pur-

*When a ... community believes in what prayer can accomplish, we create an environment of remembering, caring and loving those around us.*

suit of riding the world’s biggest waves.

Brock Little, the professional surfer and stuntman from Haleiwa who publicly revealed last month that he was battling cancer, died in February. Little, who was a past runner-up at the Eddie Aikau Big Wave Invitational back in 1990, was 48 years old.

## The bond of the sea

There is a spiritual camaraderie that bonds men and women together who do something they love, and something that carries with it an inherent danger. Every big wave surfer knows and respects the awe of nature, and realizes that when a wave is unleashed with an unexpected amount of energy, perhaps it could be the last.

Sadly, life is like that – cancer, heart

disease, a helicopter crash, a Soldier on a patrol, an extreme skier, an accident. No one knows the day or the time. All we know is how to live our lives.

The beauty of seeing waves crash into shore brings with it a sense of the awe. It’s a religious experience.

Many of us love the ocean. It’s our favorite place in the world. As soon as we have time, we spend it there. I love these words by John Masfield:

*“I must go down to the sea again  
To the lonely sea and the sky  
And all I ask is a tall ship  
And a star to steer her by.”*

It is the presence of something powerful and beautiful that strikes a chord in our human spirit. Prayer is like this. When a group of surfers, or a community of people, believe in what prayer can accomplish, we, as people, can create an environment of remembering, caring and loving those around us.

The true heart of a person is revealed in the acknowledgement of the unexpected, that God is in control.

What do I mean? It means my prayer is like the waves of the ocean – it envelops me. The water breaks over my head and cleanses me.

It’s God reaching down, helping me to be a servant. It helps us to set our priorities, to place God first and to live a life that serves him and others before myself.

# Voices of Ohana

Since the NCAA Tournament for men’s basketball begins March 13, we asked,

“Who is your pick for March Madness?”

by Christine Cabalo, Oahu Publications



“Either the (California Golden) Bears or Duke. With Duke; they have both great coaching and good players.”

Faye Chinen, Wahiawa Rainbow Seniors Bowling Team



“Duke. They’ve got a really good coach, and they’re a very consistent top-notch team. I don’t know if they’re high-ranking this year, but they’re never out on the first cut.”

Romeo Corpuz, Food Court Vendor Schofield Exchange



“Kentucky. They are aggressive on the court.”

Sgt. 1st Class Patrick Hernandez, “Beast Platoon,” Co. A, 29th Bde. Eng. Bn. 3rd BCT, 25th ID



“On a whim, I’m going to go with Duke. They’re always in it, and I think they could pull out a surprise win.”

Maj. Bill Kim, 8th MP Bde., 8th TSC



“I’m going with my hometown team, Xavier University.”

Jason Sullivan, Army veteran



# Army, state take to the skies to protect native species

U.S. ARMY GARRISON-HAWAII AND  
HAWAII DEPARTMENT OF  
LAND & NATURAL RESOURCES  
Joint News Release

SCHOFIELD BARRACKS — U.S. Army Garrison-Hawaii and the Hawaii Department of Land and Natural Resources (DLNR) conducted a joint airlift operation, Feb. 24, to protect Oahu’s native plants and animals.

More than 95,000 pounds of fence panels, poles and associated equipment were carried from Schofield Barracks to the summit of the Ko’olau Mountains, suspended beneath the belly of a CH-47 Chinook.

The “green” mission was executed by a team from the Army’s Oahu Natural Resources Program and DLNR’s Division of Forestry and Wildlife (DOFAW), joined by Soldiers from the Army’s 25th Combat Aviation Brigade, 25th Infantry Division.

The materials will be used to erect watershed protection fencing in the Poamoho Forest Reserve and the Kaluanui Natural Area Reserve.

According to DOFAW, these areas are home to numerous rare and/or endangered plants and animals. Fencing projects have proven successful in protecting these plants and animals from destructive invasive species, like feral pigs.

“The Kaluanui Natural Area Reserve was created to preserve the unique wet forest, cliff habitat and high quality stream system it encompasses,” said Marigold Zoll, DOFAW Native Ecosystems manager. “Many of Oahu’s native fish, shrimp and aquatic snails rely on this stream system to complete their life cycles.”

By combining efforts, DLNR and the Army are not only improving support to these species; they’re also saving time and money.

Normally, DLNR would use a Hughes 500 civilian helicopter for this kind of operation. The Hughes 500 can carry approximately 800 pounds per load, at a



Flight engineer Sgt. Megan St. Pierre, Co. B, 3-25th Aviation Regiment, “Hillclimbers,” 25th Combat Avn. Brigade, 25th ID, sling-loads fencing materials for transport to the summit of the Ko’olau Mountains.

cost of \$1,000 per hour. By taking advantage of the Chinook helicopter’s heavy-load capabilities, the team can get the mission done much quicker.

The Army’s Chinook can transport the materials in significantly less time – 10 trips, instead of the Hughes 500’s more than 120 trips. This translates to saving the state more than \$120,000 in transport costs and anywhere from six to 15 days of labor.

The Army also benefits because Soldiers use the operation as a training mission, enhancing their sling load skills with the unique cargo, and the Natural Resources staff improve protection for the species the

Army manages in the Ko’olau. These species include the Hawaiian gardenia and the kahuli tree snail.

“For the last 15 years, the state and the Army have been partnering to protect threatened and endangered species and their habitat,” said Kapua Kawelo, biologist, Army’s Oahu Natural Resources Program. “This effort is just an extension of our longstanding partnership.”

This is the second fencing airlift the Army has supported in recent months. In December, the Hawaii Army National Guard supported a similar mission to the Ko’olau with two of its Chinooks.

## Protecting Natural Resources

The U.S. Army’s Oahu Natural Resources Program carries out the Army’s natural resource responsibilities on Oahu, managing more than 40 threatened and endangered species.

The program applies an ecosystem-based approach to ensure Hawaii’s native species and their habitats are restored and protected, while also supporting the Soldiers’ needs for realistic, sustainable training environments.

For more information, visit <http://go.usa.gov/cpHM3>.

The Hawaii Department of Land and Natural Resources’ mission is to “enhance, protect, conserve and manage Hawaii’s unique and limited natural, cultural and historic resources held in public trust for current and future generations of the people of Hawaii nei, and its visitors, in partnership with others from the public and private sectors.”

Visit [www.dlnr.hawaii.gov](http://www.dlnr.hawaii.gov) or at [facebook.com/hawaii.dlnr](https://www.facebook.com/hawaii.dlnr).



# SMA outlines top Army priorities to lawmakers on Capitol Hill

Story and photo by  
**C. TODD LOPEZ**  
Army News Service

WASHINGTON — As the Army draws down to 490K Soldiers, many will be looking for civilian careers, and Sgt. Maj. of the Army Daniel A. Dailey said the service has “invested heavily” in ensuring they are successful.

On Capitol Hill, Feb. 26, Dailey met with lawmakers of the House Appropriations Committee, subcommittee on military construction, veterans affairs and related agencies, to discuss quality of life issues. One reoccurring topic of discussion was credentialing for Soldiers.

When a Soldier drives a truck in the Army, or has been trained as an electrician, for instance, that Soldier may want to eventually take those skills out of uniform and into the private sector workforce. Often that requires some form of credentialing in the state he or she hopes to live in.

Lawmakers were interested in what could be done to make that credentialing process easier for Soldiers, as credentialing requirements vary from state to state, and also cost money.

“This is something the Army has invested heavily in over the past several years,” Dailey told lawmakers. “We have made great strides. The Army has become 88 percent compliant with the VOW Act in the last three years, and we have had great help through Congress.”

The Army has made great strides with regards to credentialing, Dailey said, adding that it is helping communities recognize the value of military experience.

The Army has already credentialed over 30,000 Soldiers with the help of Congress, Dailey said, but more can be done.

Tuition assistance, he said, might be used to help Soldiers get access to credentials, for instance. That would make the skills they learned in the Army more valuable in the private sector.

Dailey said, so far, he’s seen “great improvement” in the efforts to prepare Soldiers for civil-

ian employment. Between 2012 and 2015, “the Army alone has reduced its non-employment compensation from over \$512 million to \$250 million,” he said.

“We have to open our aperture on things like tuition assistance and allow our young men and women who deserve those credentials – the great skills that they hone while they are Soldiers, Sailors, and Airmen and Marines can be added upon with these credentials, and they will be more valued ... when they become Soldiers for Life in the future,” he said.

Dailey said such an investment would be small. Credentials, he said, cost anywhere from \$150 to \$500.

“There is no reason we can’t invest in them,” he said. “We have proven that investing in them now is a great investment for us in the future.”

## Guard, Reserve need access

Regular Army Soldiers typically live on or near a military installation – a nexus of services for uniformed personnel. But Guard and Reserve Soldiers don’t always live near a military installation, Dailey said. For them, accessing the resources provided to regular Soldiers, like mental health services, for instance, is more difficult.

The Army’s been trying to stem suicides among Soldiers for years now and has made great strides in that effort. But this year, Dailey said, the Army has seen an increase in suicides.

“This year was a tough year for the U.S. Army,” he said. “We actually saw an increase in suicides, and some of that was in our Guard and Reserves.”

The Army has expanded the availability of Behavioral Health Teams to levels “greater than we have ever seen,” Dailey said. Already there are 58 such teams embedded down to the unit level, but for Reserve Soldiers, that’s not enough.

“We can do more,” Dailey said. “And where you can help us is getting that help out to the National Guard and Reserves. They are dispersed throughout the U.S.”



From right, Sgt. Maj. of the Army Daniel A. Dailey speaks with Master Chief Petty Officer of the Navy Mike D. Stevens, Feb. 26, in advance testimony on Capitol Hill before the House Appropriations Committee’s subcommittee on military construction, veterans affairs and related agencies. Together with Sgt. Maj. of the Marine Corps Ronald L. Green and Chief Master Sgt. of the Air Force James A. Cody, the senior enlisted leaders of the services discussed quality of life issues.

## Top priorities

Dailey also outlined top Army priorities for lawmakers. The first of those is readiness, he said.

“As we draw our Army to historic lows ... readiness will always be our No. 1 concern,” he said. “That’s where we need to focus our attention. We do need predictable resources to make sure our Soldiers are prepared to do the mission we ask them to do.”

Also a priority is the future of the Army.

“We have to look beyond the next few years, and look out many years,” Dailey said. “We have potential adversaries out there we need to maintain focus on. The future of the force requires

consistent and reliable resourcing to make sure we stay well above the pace of our adversaries.”

A third priority he said is Soldiers and their families.

“They are our Army,” he said. “It’s not just Soldiers, but families and great civilian leaders. And they trust us that we will maintain pace with the resources we need to be able to make sure they can take care of their families while our Soldiers are doing the things we ask them to do.

“Our Soldiers are not asking for much,” Dailey added. “We just need to be able to find them the necessary resources they need to accomplish their mission.”



BEST WARRIORS



Briscoe Ganigan

**FORT SHAFTER FLATS** — Spc. Alan Briscoe, food services specialist, and Sgt. Alfredo Ganigan, paralegal NCO, both with the 18th Medical Command (Deployment Support), are recognized as the 2016 Best Warrior Competition champions during a ceremony held at 9th Mission Command’s auditorium, here, Feb. 26.

**At Right** — Staff Sgt. Christopher Neiger-Bickham, an 18th MEDCOM (DS) master driver, applies a tourniquet to a simulated casualty during the 18th’s BWC, Feb. 18.



Photos by Pfc. Bryan Faison, 18th Medical Command (Deployment Support)

# Pacific Pathways overcomes the tyranny of distance

**BRIG. GEN. KURT J. RYAN**  
Army News Service

The Pacific Pathways program strengthens security cooperation and provides an array of options for the U.S. government to respond to crises in the Pacific region. The Army is testing new ways of engaging throughout the Pacific.

To get there and operate there, the Army is experimenting with an innovative employment concept known as “Pacific Pathways,” or just “Pathways” for short.

The program leverages contract and military sealift married with Army capability packages to operate across the Pacific for two purposes: to strengthen security cooperation and conduct crisis response. A unit deploying under this program is called a Pathway.

The Army conducted three Pathways deployments in 2015 and participated in multinational exercises in Thailand, South Korea, the Philippines, Australia, Indonesia, Malaysia, Mongolia and Japan. Each deployment consisted of elements of a brigade combat team from the 25th Infantry Division.

Two Pathways are scheduled for 2016, and more are planned for 2017.

Pathways represents a new way of doing business. It saves the Army money by reducing back-and-forth transportation costs for individual engagement exercises.

The Pathways initiative also allows the United States to have a rotational presence in parts of the Pacific where permanent basing may not be possible, thereby providing a quick response capability for humanitarian emergencies or regional crises.

The Pathways program certainly has areas that can be improved. Current laws and policy limit access to the most capable and cost-effective vessels – those that are owned by the government and managed by the Military Sealift Command.

When U.S. government vessels are not available, the government prefers contracting U.S. flag commercial ships. When these ships are unavailable, the military must rely on contracting other commercial vessels.

The first problem is that the Army in the Pa-

cific currently lacks dedicated strategic and operational intra-theater assigned sealift. Having dedicated strategic sealift vessels instead of relying on commercial vessels would make the Pathways initiative more effective.

It would allow access to shallower ports; enable multiple loading and unloading options; provide secure communications; offer bunks for more troops; allow for bulk fuel, ammunition and water storage; and provide maintenance and medical treatment facilities. It would also strengthen the capabilities of the U.S. Pacific Command.

Second, to increase effective operational capability for units on a Pathways deployment, a tailored array of crisis-response equipment and supplies should be part of the unit’s ship manifest. For example, during typhoon season, a Pathways ship could contain humanitarian crisis response equipment and supplies, such as emergency shelter supplies, food, bottled water and medical kits, in addition to the equipment necessary for the unit’s planned military exercises.

To strengthen the ability of any Pathways unit to engage in crisis response, the Army should

strengthen expeditionary mission command packages – preferably at the division level – and routinely exercise them during a comprehensive emergency deployment readiness exercise.

These command and control elements could be structured and trained to fly on short notice for rapid deployment on a few cargo airplanes.

Linking this rapidly deployable command and control capability with a Pathways unit could dramatically improve the nation’s ability to respond to typhoons, tsunamis and other crises in the vast Indo-Asia-Pacific region.

By placing units on a Pathway for several months, the Army contributes to effectively meeting regional objectives for military-to-military engagement while also providing senior U.S. leaders with flexibility and options for responding to crises across the huge distances in the Pacific.

Learning from and improving on the Pacific Pathways deployments will ensure that future iterations will provide greater value. The Army continues to build security and stability with allies and partners throughout the Indo-Asia-Pacific region.



# History comes alive with Navy Remembrance Barge tour

Story and photos by  
**DONNA KLAPAKIS**  
599th Transportation Brigade Public Affairs

PEARL HARBOR — Members of the 599th Transportation Brigade explored the past, here, during a Remembrance Barge tour to the U.S.S. Arizona Memorial for leadership and professional development training, Feb. 25.

Personnel who took the tour were impressed. “It was very emotional for me,” said Sgt. 1st Class Mattie James, terminals NCOIC. “When we saw all of the names on the wall of the memorial, I was moved by the number of family members who were together on the ship.

“I was also impressed with the knowledgeable young Sailors who led the tour,” she added.

Sgt. Amado Punto, 599th Command Operations Center movement noncommissioned officer, agreed.

“The Sailors were subject matter experts on Pearl Harbor and the attack,” he said.

“I learned a lot on the tour. It was very informative to be able to see and feel what happened at that time. I knew the basics, but didn’t know any details, and I didn’t know the depth of the planning before the attack by the Japanese.”

Information technology specialist Nicolas Rosse said he had been on the U.S. Park Service tour about 10 years ago.

“The Remembrance Barge tour was definitely more personal,” Rosse said. “The Park Service also shows a film, but our tour today had a museum. And while the Park Service tour just takes you to the Arizona Memorial, our tour got to see other memorials and the SBX (Sea-Based X-Band Radar) up close.”

“The U.S. Navy puts on an outstanding remembrance tour,” said Command Sgt. Maj. William Funcheon, 599th senior enlisted adviser. “And it is absolutely free to Soldiers and their families. It just takes the coordination to make it happen.

“This has enlightened our Soldiers’ perceptions and motivated them to learn more about the attack on Pearl Harbor,” Funcheon continued. “I think that every unit and their Soldiers should go on the remembrance tour for leadership and professional development to get an in-depth account of what happened.”

Punto agreed.

“Knowing more about our history makes us stronger,” he said. “Going on the tour made me feel honored to carry on the military tradition.”

The tour began with a visit to the Commander Pacific Fleet Boathouse that houses the barges, a museum and a cinema.



Tour group members view displays at the museum in the Commander Pacific Fleet Boathouse, where the barges are housed. The Soldiers of the 599th Trans. Bde. found the special tour to be informative and moving. The tour can be scheduled for groups of 15 or more.



The Remembrance Barge approaches the U.S.S. Arizona Memorial during a tour for the 599th’s leadership and professional development training, Feb. 25. The barge tour provides a more personal encounter with history.

After an introduction to the museum, the group viewed a brief film about events leading up to Dec. 7, 1941; the attack itself; and the aftermath.

The group then boarded the barge and embarked on a tour around Ford Island that passed the SBX, the U.S.S. Utah Memorial, the U.S.S. Nevada Memorial and the Battleship Missouri Memorial. The group disembarked at the Arizona Memorial.

Participants toured the memorial for 15 minutes before reboarding the barge to return to the boathouse.

James set up the tour for the brigade.

“Arranging the tour was easy,” James said. All I did was call the boathouse and ask for a date. They told me we had to have 15 people for a group, and we had that.

“The first date I asked for wasn’t available, but they gave me a choice of some other dates, and once I got them cleared, we were set,” James explained. “Then, it was just a matter of making sure everyone knew how to get there and what to wear.”

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# Three ways add \$100,000 to your TSP retirement

**BETH PERRY**  
Federal Retirement Thrift Investment Board

Similar to private sector 401(k) plans, the Thrift Savings Plan is a defined contribution plan that provides uniformed services members and federal employees the opportunity to save for additional retirement security.

To sign up for the TSP or increase your contributions, log into myPay and follow the instructions at the end of this article.

Saving for retirement sounds daunting, but here’s some inspiration: Thousands of uniformed services members younger than 35 have \$100,000 or more in their TSP accounts. Here’s how you might join them.

- **Dial down your cell phone.** When you consider data and texting, most plans cost more than \$75 per month. Saving that amount could grow into more than \$106,000 after 35 years.



Photo by Christine Cabalo, Oahu Publications

**The Thrift Savings Plan offers service members and government employees a way to save for retirement.**

You probably can’t give up your cell phone completely, but simply scaling back your usage can make a difference. For example, consider

making free Internet calls to reach family overseas. And if you are deployed to an area without cell service for an extended period, you may be able to suspend or cancel your contract. Check with your service provider to learn more.

- **Cut back your cable.** The cost of cable has increased dramatically in the past 10 years, and rates are projected to continue rising. If you’re willing to part with your 200 channels, saving that extra \$80 a month can mean almost \$114,000 in 35 years.

Many providers also offer basic plans at a big discount. Some are as low as \$25 per month. Plus, the libraries on post often have extensive DVD collections you can check out at no cost.

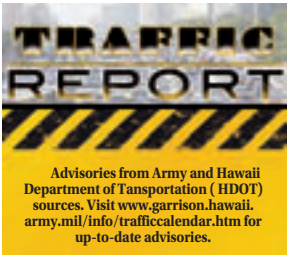
- **Think small.** Even minor changes can add up over time. For example, saving the daily cost of a \$1 mobile app could mean \$30,000. Investing the \$1.50 you’d spend on a soda from the base

vending machine each day could grow to \$45,000. And that fancy coffee? Saving the \$3.50 you’d spend on a daily cup could brew into \$105,000. The important part is to start early and be consistent.

- **Found a way to save extra money?** You can sign up for the TSP or increase your contributions by logging into myPay. In the “Traditional TSP and Roth TSP” section, choose how much of your pay you’d like to save (7%, for example), and then click “Save” at the bottom of the screen.

You can also update your TSP mailing address in myPay.

All figures assume consistent savings and an investment return of 6 percent per year compounded monthly. Unless otherwise noted, examples are based on a 30-year time period.



## Today

**Big Guns** — Artillery training that began on Tuesday continues throughout March. It may be loud at times due to atmospheric conditions. For specific training days by Soldiers or Marines, visit [www.HawaiiArmyWeekly.com](http://www.HawaiiArmyWeekly.com).

**Road Repair** — A HDOT repair began work, Tuesday, on Kamehameha Highway near Kaaawa, after the road suffered damage due to high surf action Feb. 27. Work is expected to be completed by today. To expedite repairs, crews will work from 7 a.m.-6 p.m., daily.

The northbound or makai lane on Kamehameha Highway near Kaaawa Valley Road and Kananelu Beach in Kaaawa will remain closed 24 hours a day. Traffic will continue to be contraflowed in the southbound or mauka lane, with flaggers on location 24 hours a day to assist with traffic flow, until the repairs are finished.

The public is urged to drive with caution in the area. Drivers are asked to avoid the area if possible.

Weekly lane closure information is posted at the HDOT website at <http://hidot.hawaii.gov/highways/roadwork/oahu>.

### 12 / Saturday

**Power Outage** — An outage affecting the eastern portion of Schofield Barracks will take place, 1-3 a.m., for the Hawaiian Electric Company to perform meter maintenance.



### 16 / Wednesday

**Lane Closed** — There will be a one-lane closure, 8:30

a.m.-5 p.m. at Schofield’s McMahon Road until March 23. The additional work is for inspection of the new manhole installed on McMahon Road.

During this time, work will include inspection of the manhole with vacuum and mandrel testing of the manhole. Cones and flag personnel will be on-site for this work. Traffic will be stopped for pedestrians to walk around work area. No holiday work activities.

### 18 / Friday

**Sheridan & McCornack** — There will be a road closure, weekdays, 8:30 a.m.-3:30 p.m., at the intersection of Schofield’s Cadet Sheridan and McCornack Roads for utility installation. McCornack won’t be accessible from Cadet Sheridan Road, but will be accessible from Hewitt Street and Collier Loop.

The work is scheduled to conclude April 11. The McCornack Road closure will not be closed during the same time as the Trimble Road right turn lane closure.

## April

### 4 / Monday

**Williston Detour** — A road closure on Schofield’s Williston Avenue between Cadet Sheridan Road to Reilly Avenue is scheduled to conclude today. Meanwhile, parking lots on Williston are still accessible.

Traffic is being detoured around the construction area through Cadet Sheridan, Menoher Road and Reilly Avenue.

### 30 / Saturday

**Lauhala Closures** — The road closure along Wheeler’s Lauhala Road in the housing area is scheduled to end today. The completion date of this traffic control plan was impacted by weather and was extended.

## Ongoing

**Kubo Closure** — Intermittent road closures at Fort Shafter’s Kubo Street, weekdays, 7 a.m.-5:30 p.m., contin-

ue until May 13. This construction work will occupy Kubo from Bldg. T-126 to the intersection of Kubo and Funston Road at Bldg. 12.

Kubo Street and the adjacent parking lot will be restricted to contractor equipment for the duration of work in Area X. Palm Circle Drive and Richardson Street will be accessible to the public by means of Hyland Lane.

### Revised Lyman/Flagler

— There are traffic modifications, weekdays, 7 a.m.-4 p.m., at Schofield’s intersection of Lyman and Flagler to widen Lyman Road, add a dedicated left turn lane, and add traffic and pedestrian signals to the intersection, until Aug. 12.

Construction will be phased, so road widening will be performed first, providing an additional lane. The majority of the project will allow traffic to flow in both directions of Lyman and Flagler. Turns will be limited at the intersection to provide two lanes of traffic.

**Airdrome Road** — One-lane road closures along Wheeler’s Airdrome Road from the sewage treatment plant to the flight simulator continue to June 30, weekdays, 8 a.m.-3:30 p.m., for the installation of new water and sanitary sewer lines. The extension of this traffic control plan is due to unforeseen conditions with existing water lines.

### Modified Kubo Flow

— There are intermittent, 24-hour road closures at Shafter’s Kubo Street, until May 13. Construction work will occupy Kubo Bldg. T-126 to the intersection of Kubo Street and Funston Road at Bldg. 12. Kubo Street and the adjacent parking lot will be restricted to contractor equipment for the duration of work in Area X.

Palm Circle and Richardson will be accessible to the public by means of Hyland Lane.

**Airdrome & Sterling** — Airdrome Road at Sterling, on Wheeler, is converted from a two-way road to a one-lane contraflow around the construction area, weekdays, 8 a.m.-5 p.m. (weekend work, only if necessary).



## Today

**WHM-South** — March is Women’s History Month. The Oahu South observance will be March 4-6, 8:30 to 10:30 a.m. A static display will run every 30 minutes for two hours at the 9th Mission Support Command, Bldg. 1550, common area. This observance is sponsored by 9th MSC and Team EO/EEO Hawaii.

**Accountable VA** — On Tuesday, the VA announced it proposed disciplinary action against three Board of Veterans’ Appeals attorneys, and has filed a complaint against two Board Veterans Law Judges. Accountability actions against the Board judges have been referred to the Merit Systems Protection Board, which has direct jurisdiction over cases concerning administrative law judges.

Visit [www.va.gov/opa/pressrel/pressrelease.cfm?id=2756](http://www.va.gov/opa/pressrel/pressrelease.cfm?id=2756).

**Tax Time** — Did you know that military uniforms are not tax deductible unless a general officer orders you not to wear them off post? This is a common mistake that military members make on their tax returns. If you have questions, visit the Schofield Barracks Tax Center in Trailer 1, Grimes Street (across from Hamilton Field). Contact them at [Facebook.com/SchofieldBarracksTaxCenter](https://www.facebook.com/SchofieldBarracksTaxCenter) or call 655-1040.

**FBI** — Tips to the FBI have led to captures of Top Ten fugitives and short-circuited scores of criminal and terrorist plots. Some of the most valuable tips come from people closest to subjects – people who can see changes in mood and habits and can make a common-sense assessment that things aren’t right. Got a tip? Visit

<https://tips.fbi.gov/>.

### 9 / Wednesday

**WHM-North** — The Oahu North Women’s History Month observance will be at 1 p.m. in Schofield’s Sgt. Smith Theater. The guest speaker will be Maj. Gen. Gwen Bingham, commander, U.S. Army TACOM. This observance is sponsored by 25th Sustainment Brigade, 25th Infantry Division, and Team EO/EEO Hawaii. Call 655-4937.

**Last Day of HSO** — The Fort Shafter Housing Services Office officially closes today after its last day of operation. The HSO offices will be consolidated at 215 Duck Road, Bldg. 950, Schofield Barracks.

### 15 / Tuesday

**Soldiers Vote** — Training workshops for about 150 Unit Voting Assistance Officers will take place, 9 a.m. and 1 p.m., in Schofield’s small Post Conference Room to educate the UVAOs about absentee voting, voters’ registration, ballot requests and ballot submission processes for Soldiers and their families. Call 655-5546.

### 22 / Tuesday

**WHM-TAMC** — The third and final Women’s History Month recognizing women’s contributions, takes place at Tripler Army Medical Center’s Kyser Auditorium from noon ‘til 1 p.m.

### 26 / Saturday

**Earth Day** — An Earth Day Festival, Family Fun Fest and Leisure Travel Service Fair takes place, 8:45 a.m.-2 p.m., at

Weyand Field, Schofield Barracks. A Kolekole Pass run has been added.

## April

### 21 / Thursday

**JROTC Review** — The Hawaii State Governor’s 34th Annual JROTC Review and Awards Ceremony takes place, 10 a.m., on Fort Shafter’s Palm Circle parade field, for about 600 cadets from 24 public and two private schools. The event includes a cake-cutting ceremony and awards presented to supporting veteran organizations. Open to the public. Call 787-4095.

## Ongoing

**ARC Recruiting** — The American Red Cross is recruiting licensed health services volunteers on Oahu. If you’re licensed or certified and can donate some time to help others, please register to become one of the following medical volunteers:

RN, LVN, LPN, EMT, paramedic or Doctor of Osteopathy.



Health Services volunteers should also be willing to take additional Red Cross training online. Call 330-2005.



# Human Resources troops learn much more than just basics

Story and photo by  
**STAFF SGT. ARMANDO R. LIMON**  
3rd Brigade Combat Team Public Affairs  
25th Infantry Division

SCHOFIELD BARRACKS — More than 50 Human Resource Soldiers participated in the U.S. Army-Hawaii’s Human Resources University, held at the Mission Training Complex, here, Feb. 22-26.

Staff Sgt. Jose Cordova, Headquarters and Headquarters Battalion, 25th Infantry Division, stated that HR University is a five-day course that teaches a variety of HR systems.

“Besides HR systems,” Cordova said, “We also give them (tactics, techniques and procedures) on different areas within the HR community, as far as what you could do to improve your unit’s ability in the HR world. We’re just giving them different ways. We’re not telling them it’s the right answer, but we’re giving them different answers on how to do stuff.”

This course was the second iteration of HR University, and it’s now a quarterly course that first began in October, Cordova added.

Chief Warrant Officer 2 Jason Timothy, HR technician, assigned to 311th Signal Command,



**Human Resource warriors assigned to the 25th ID focus on the Army TOMPIS program inside the Mission Training Complex, Feb. 23. More than 50 Soldiers attended the five-day series of courses at Human Resources University.**

was one of the instructors for the specialists and below class.

“We’re going over a few different classes to expand the knowledge base of Soldiers,” Timothy said. “We’re also giving them a better understanding of HR systems and processes.”

HR University teaches things that one doesn’t normally get when attending Advanced Individual Training, the Advanced Leader Course, or even the Senior Leader Course, said Timothy.

“We’re trying to give them more of an advanced look into the systems and how we can implement different things within the organizations,” he said.

Timothy stressed that they were going over all the HR systems for all the Soldiers participating.

# Research says marital status contributes to voting behavior

**FEDERAL VOTING ASSISTING PROGRAM**  
News Release

New research recently released by the Federal Voting Assistance Program (FVAP) validates initial research findings that military members who are married are more likely to vote than those who are unmarried.

The differences in voting rates between married and unmarried active duty military are positive and larger for active personnel who are stationed overseas than for those living in the United States.

Previous research concerning marriage and voting propensity attributes the increased participation to the fact that spouses discuss politics with one another and naturally share information about the voting process.

FVAP explored this notion and discusses in its research note the importance of family and friends for active duty couples to obtain voting information. The note provides a review of the previous research and details the data, methodology and results of the new study.

**Key findings**

The gap between married and unmarried is much larger for overseas; in fact, overseas mar-

ried couples are only slightly less likely to vote than domestic married.

	Domestic	Overseas
<b>Unmarried</b>	63%	52%
<b>Married</b>	72%	68%

Overseas, married personnel were 10.5 percentage points more likely than overseas unmarried to have received voting information from family and friends, which indicates that spouses are the most likely source of this information.

Although the unmarried do not have access to information from a spouse, they likely do obtain information from other social contacts. Gathering more information about their social networks may assist FVAP in marketing its services to all active personnel, especially those who are unmarried.

The data presents little evidence that spouses influence voting through increased use of DoD/FVAP resources. This may indicate that spouses are unaware of these resources, and thus a marketing campaign targeting spouses could positively affect awareness of the absentee voting process and their likelihood of voting.

Spouses can have a strong direct influence on

the service member’s probability of receiving voting information, as well as the probability of voting. This would suggest that information about voting resources provided to spouses may reach the service member.

FVAP is leveraging these research findings to inform its outreach efforts.

To increase spouses' awareness of their absentee voting rights under the Uniformed and Overseas Citizens Absentee Voting Act, FVAP is ramping up its social media efforts targeting this key population. Digital and social media ads will encourage them to visit the military spouse page at FVAP.gov to learn more.

In addition to developing an online marketing campaign targeted at spouses, FVAP coordinated with senior DoD leadership to establish relationships with the services' respective Family Readiness Programs.

FVAP is working directly with the services' outreach coordinators to share military education and awareness outreach kits on absentee voting at the installation and unit levels.

*(Editor's note: All references to married marital status in this article refer to active duty personnel.)*

**Federally Approved Voting Absence**

The federal government has a long-standing policy of granting employees excused absence from work to vote in elections when the polls are not open at least three hours either before or after an employee's regular work schedule, as long as it does not interfere with operations.

The general rule is, employees may be permitted to report for work three hours after the polls open or leave work three hours before the polls close, whichever involves less time away from work.

Hawaii presidential primaries and elections are as follows (Polls are open from 7 a.m. to 6 p.m.):

- March 8** - Republican.
- March 26** - Democratic.
- Aug. 13** - State primary.
- Nov. 8** - General Election Day.

Call the Installation Voting Assistance Office at 655-5546 for more information or visit FVAP.gov.



# Makapu‘u Lighthouse

## World’s largest lens shines



Photo courtesy of U.S. Coast Guard

Displaying its impressive height, a man stands next to the Makapu‘u fresnel light in this undated photo.

Photo by Joseph Bonfiglio,  
U.S. Army Corps of  
Engineers, Honolulu District

**The hike to Makapu‘u Lighthouse offers a glimpse of the world’s largest lighthouse lens that was first unveiled at the 1893 Chicago World’s Fair.**

## Historic beacon offers a memorable hike, destination

**WALTER T. HAM IV**  
Office of Navigation Systems (CG-NAV-3)  
U.S. Coast Guard Headquarters

WAIMANALO — From the Makapu‘u Light on Oahu’s southeastern most point, the world’s largest lighthouse lens reflects a beam that can be seen from 19 nautical miles away.

The 12-foot-tall and 8-foot-wide hyper-radiant Fresnel lens takes up more than a quarter of the space inside the 46-foot-tall lighthouse.

With more than a thousand prisms, the lens is almost 5-feet-taller than the First Order Fresnel lens in America’s tallest lighthouse, the 207-foot-tall Cape Hatteras Light in the North Carolina Outer Banks. It is wide enough for several people to stand inside.

“It is, by far, the largest lens that I have ever seen,” said Chief Petty Officer Ernest W. Rucker, who leads the Honolulu-based U.S. Coast Guard Aids to Navigation Team (ANT) that maintains the lens.

The hyper-radiant lens was unveiled at the 1893 Chicago World Fair. Once it reached Hawaii, pieces of the giant lens were hoisted from a moving ship up the steep lava slope and reassembled in the lighthouse.

Lit in 1909, the Makapu‘u Lighthouse shines across the Kaiwi Channel between the islands of Oahu and Molokai.

### Hiking trail

The state of Hawaii maintains a trail that climbs more than 500 feet to a whale watching site above the lighthouse. From the summit, the islands of Lanai and Molokai are visible on a clear day.



Photo by Christine Cabalo, Oahu Publications

**Trail users walk down the paved road of Makapu‘u Point Lighthouse Trail, Jan. 18. The Molokai Ka Iwi State Scenic Shoreline is easily visible from the trail.**

Martha Yent from the Hawaii Department of Land and Natural Resources, Division of State Parks, said the state renovated the trail last year. The accessible trail is pet friendly and bikes are allowed.

“It is popular with residents for exercise and the opportunity to view the historic lighthouse from the scenic lookouts,” said Yent.

### Navigation aid

The Makapu‘u Light is among the more than 48,000 Aids to Navigation (ATON) maintained by the U.S. Coast Guard, including buoys, beacons,

cons, ranges, sound systems and electronic aids that guide mariners through U.S. coastal, intracoastal and inland waterways.

Located in the 14th Coast Guard District, the Makapu‘u Lighthouse is one of nine lighthouses that have elevators named after them in the U.S. Coast Guard Headquarters in Washington, D.C.

The Honolulu-based 14th District covers more than 12.2 million square miles from the 50th state to the Far East, with units in Oahu, Maui, Kauai, Hawaii, American Samoa, Saipan, Guam, Singapore and Japan.

In addition to the Makapu‘u Light, the Honolulu Aids to Navigation Team maintains 96

fixed navigational aids around the Hawaiian Islands.

Rucker said the aids mark multiple near shore reefs.

The chief said the navigational aids shepherd mariners through the well-traveled waters around the Aloha State. Freighters sail to Honolulu from the U.S. west coast, and barges transport goods between the Hawaiian Islands.

Hawaii is also home to many fishing vessels, dive boats and cruise ships.

With land-based aids located from the south point on the Big Island of Hawaii to the small atoll known as Lihue Rock on the southwest coast of Kauai, the Honolulu ANT covers vast distances by helicopter and visits some very remote corners of the Hawaiian Islands.

“The ANT gets to go to some places that seldom get seen by humans,” said Rucker.

The Makapu‘u Lighthouse is an exception. The lighthouse is one of the best known navigational aids in Hawaii.

An estimated 350,000 visitors hiked the Makapu‘u trail in 2015, and the lighthouse has served as a location for many of the television shows filmed in Hawaii, including “Baywatch,” “Hawaii Five-O” and “Magnum P.I.”

### More Online

View more details at <http://coastguard.dodlive.mil/2016/02/legacy-of-light-worlds-largest-lens-shines-aloha-light/#sthash.VElVVP3B.dpuf>





Today

**Co-ed Mini Soccer Registration** — Enroll your little one, born 2011-2012, beginning today with Youth Sports. Registration is open through March 31; season runs April 14-June 2.

For registration information, contact the following:

- AMR/FS/Camp Smith registration office at 833-5393;
- SB/WAAF/HMR registration office at 655-5314.

For Youth Sports, contact AMR Youth Sports office at 836-1923 or SB/WAAF/HMR registration office at 655-6465.

Also, CYS is currently taking applications for soccer coaches. Contact your Youth Sports office or visit [www.himwr.com/youth-sports](http://www.himwr.com/youth-sports).

**Right Arm Night** — March into action at Right Arm Night for March Madness Jeopardy and your chance to win MWR Buck\$. This event is open to all ranks, DoD civilians and spouses, 5-7 p.m., at the SB Nehelani.

Enjoy pupus and live music from the 25th ID Band “One Nation.” Call 655-4466.

**Adventure Biking with Outdoor Recreation** — Sign up at ODR no later than noon, March 4. Find great beach locations along the scenic North Shore bike path, or cruise through Pearl City down to the historical Pearl Harbor on this ODR mild biking activity for all ages.

Transportation (up to 12 people), guide and equipment are all provided. This program is for beginners, and participants must be able to ride a bike.

Cost is \$30 per person; call 655-0143.

**SB Kolekole Bar & Grill** — Weekend restaurant services now offered, 11 a.m.-6 p.m., Saturdays, and 6 a.m.-3 p.m., Sundays.

**6 / Sunday Pottery, Quilting and Sewing** — Join Arts & Crafts every Sunday at 11 a.m. and create beautiful works of art. Visit the Arts & Crafts Center at 919 Humphreys Road, Bldg. 572. Call 655-4202.



Today

**Ho’omaika’i Wedding & Special Events Fair** — Willows hosts the 3rd annual event, 5:30-9:30 p.m., featuring a dinner buffet, displays and entertainment. It will be collecting new or gently used formal attire for the Bella Project, benefiting low income and special needs. Tickets are available at Eventbrite.com or call 952-9200.

**5 / Saturday SB Kolekole** — The walking-hiking trail is closed this weekend, March 5-6, due to live-fire training.

**Dr. Seuss Party** — SB Popeye’s hosts, 2-4 p.m., featuring games, a reading corner, crafts and prize giveaways. Call 622-6211.

**6 / Sunday Women’s 10k Run** — Hawai’i Pacific Health invites women of all ages to participate in the 39th annual Hawai’i Pacific Health Women’s 10k, 7 a.m., March 6, at Kapiolani Park. Registration is underway for this scenic, 6.2-mile race that takes participants around Diamond Head and

MILITARY SAVES



Photo by Christine Cabalo, Oahu Publications

**SCHOFIELD BARRACKS** — Lt. Col. Britton London, executive officer, U.S. Army Garrison-Hawaii, signs the official Military Saves Week proclamation encouraging Soldiers and civilians to plan their financial futures during the Financial Fitness Fair, Feb. 25.

**Sunday Brunch** — Savor roasted prime rib with a peppercorn and garlic crust, along with exquisite dishes infused from the Pacific Rim, Asia and Hawaii Nouveau at the FS Hale Ikena. Groups and large parties are welcome, 10 a.m.-1 p.m., and reservations are recommended. Adults are \$24.95 and children’s prices are available. Call 438-1974.

**7 / Monday Million Dollar Soldier Refresher Training** — This workshop focuses on basic financial skills to help develop self-reliance and personal responsibility. The goal is to encourage Soldiers and families to understand their personal finances and learn tools for financial success from 8:30 to 11:30 a.m., at SB ACS, Bldg. 2091. Call 655-4227.

**Mongolian BBQ** — Join SB Kolekole Bar and Grill, Mondays, for Mongolian barbecue, 5-8 p.m. Select your favorite meat and vegetables and have it grilled your way at only 65-cents per ounce. Call 655-0660.

**Mom & Tots** — SB Arts & Crafts helps parents create a memorable creative project with their child, 10-11 a.m. In celebration of Craft Month, Arts & Crafts will be holding a two-for-one special, every Thursday in March. Cost is \$5 per parent/child pair at 919 Humphreys Road, Bldg. 572. Call 655-4202.

**8 / Tuesday Free Throw Competition** —

Come out to TAMC PFC and put your basketball skills to the test. This event is open to all active duty personnel, their family members and DoD over 18. Cost is \$2 per person. Deadline for entries is March 8.

Applications must be submitted to TAMC PFC by the deadline at 300 Krukowski Road.

Call staff at TAMC PFC at 433-6443.

**Taco Tuesday** — Every Tuesday night, SB Kolekole Bar & Grill features three tacos, rice and beans dinner for only \$4.99 at 1249 Kolekole Ave. Call 655-4466.

**9 / Wednesday Teen Manga Club** — Teen manga fanatics are welcome to SB Sgt. Yano Library for manga/anime discussions and activities. No preregistration is required. For teens 12 and up at 1565 Kolekole Ave., Bldg. 560. Call 655-8002.

**Keiki Night** — Every Wednesday Night is Keiki Night at SB Kolekole Bar & Grill. Kids under 10 eat for only \$2.99 from the keiki menu. Call 655-0660.

**10 / Thursday Community Readiness Expo** — New to Hawaii? The USARHAW Community Readiness Expo is held 9 a.m.-noon, at the SB Nehelani.

Learn about Army community resources from service agency representatives at this weekly interactive orientation without briefings. Call 655-4227.

**10 / Thursday Healthy Eating Commissary Tour** — Registered dietitian nutritionists host this tour, 1:30 p.m., March 10, at the SB Commissary to identify healthy food choices, product comparisons and shopping tips. Choose to Lose participants earn three “Choose to Lose Bucks” for participating. Call 433-4950 to attend.

**11 / Friday Easter Bunny Photo Op** — The Schofield Exchange will host the Easter Bunny for daily photo opportunities, 10 a.m.-7 p.m., through March 26. Call 422-8708 or visit [www.poahawaii.com](http://www.poahawaii.com).

**12 / Saturday Easter Seals** — Easter Seals Hawaii hosts its inaugural Bunny Breakfast and Egg Hunt, 9-11:30 a.m., Central Union Church lawn, fronting Parish Hall, at 1660 S. Beretania St. It includes a pancake breakfast, egg hunt and photo booth. Tickets are \$8 for keiki 2-12 years old and \$12 for adults.

Registration is required at [www.eastersealshawaii.org](http://www.eastersealshawaii.org).

**Hawaiian Choral Music Festival** — Festival is for singers, high

**Basics of Budgeting** — Sick of living paycheck to paycheck? This class will help you develop a budget, track expenses and create a system to save and pay your bills on time. Bring a copy of your LES and a list of bills to SB ACS, Bldg. 2091. Call 655-4227.

**11 / Friday Paint ‘n Sip at Tropics** — Anyone can be an artist! Get ready to be inspired to create your own masterpiece while enjoying signature drinks and food. An experienced artist will guide you through the relaxing process of painting while you sip on your beverage of choice at the Tropics. All supplies are provided.

To sign up, visit the SB Arts & Crafts Center or SB Tropics Recreation Center. Cost is \$25 per person; preregistration is required. Note, Tropics is an 18 and older facility at Foote Avenue, Bldg. 589. Call 655-5698 or 655-4202.

**16 / Wednesday Preschool Storytime** — SB Sgt. Yano Library hosts, 10 a.m., every first and third Wednesday of the month. Call 655-8002.

Ongoing

**Command Scramble Golf** — Monthly event cost is \$50 per player, and price includes green/cart fee, free driving range balls, door prizes, flight prizes, pupus and two Mulligans per player. Register at Leilehua Golf Course. Upcoming dates are April 1, May 6 and June 3. Call 655-4653.

school to kupuna, either as individual singers or group participation, at Kawaiaha’o Church, 957 Punchbowl. Festival fee is \$20 and includes music packets, festival rehearsal and concert participation.

Rehearsals start at 2 p.m., followed by a Hawaiian picnic on the lawn at 4 p.m. Festival music includes compositions by Queen Liliuokalani and Aaron Mahi and a free concert at 6 p.m. For more details and to register, write [kawaiola-mail@hawaii.rr.com](mailto:kawaiola-mail@hawaii.rr.com)

**Honolulu Festival** — Meet new friends from Japan, Australia, Tahiti and around the world, and get hands-on learning experiences and enjoy an extravaganza full of dance performances and traditional art demonstrations at the 22nd annual Honolulu Festival, March 12-13.

The festival features fun and educational activities, free cultural and arts performances, as well as the ever-popular Waikiki Grand Parade and spectacular Nagaoka Fireworks show over Waikiki Beach. Visit [www.honoluluFestival.com](http://www.honoluluFestival.com).

**15 / Tuesday Blood Drive** — All blood types are needed to support ill or injured service members, 9 a.m.-1 p.m., U.S. Army Health Clinic-SB, Bldg. 691, Rm. 117.

Free T-shirt with every donation. Call 433-6699.



Additional religious services, children’s programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

**Buddhist Services**

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

**Catholic Mass**

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
  - 8:30 a.m. at AMR
  - 10:30 a.m. at MPC Annex
  - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

**Gospel Worship**

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

**Islamic Prayers and Study**

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m., 6, 7 and 8 p.m. at MPC Annex

**Jewish Shabbat (Sabbath)**

- Friday, 7:30 p.m. at PH

**Pagan (Wicca)**

- Friday, 7 p.m. at Wheeler Annex

**Protestant Worship**

- Sunday Services
  - 9 a.m. at MPC
  - 9 a.m., at FD, TAMC chapel
  - 10 a.m. at HMR
  - 10:30 a.m. at AMR
  - 11:30 a.m. at WAAF (Spanish language)
  - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
- Sunday, 10 a.m. at WAAF



Temporarily closed for maintenance

Call 624-2585 for movie listings or go to [aaqes.com](http://aaqes.com) under reeltime movie listing.

Schofield Barracks’

Sgt. Smith Theater

remains closed for

Directorate of

Public Works

maintenance work.

A reopening

date for movie

viewing

has not been

finalized.

Call Schofield

Exchange at

237-4502/4572.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield





# Commissary tours offer healthy food choice insights

**EMILY YEH**  
Tripler Army Medical Center Public Affairs

SCHOFIELD BARRACKS — Once a month, beneficiaries have the opportunity to tour the Commissary, here, with a registered dietitian.

Tripler Army Medical Center’s Outpatient Nutrition Department started the commissary tours to educate the military community on how to buy healthy foods and employ smart shopping strategies.

“In order to eat healthy, an individual needs to know which foods to purchase and prepare,” stated Capt. William Conkright, chief, Tripler Outpatient Nutrition Clinic. “The registered dietitians also discuss meal planning and food purchasing tips throughout the tour.”

Participants walk through the produce, meat/seafood, dairy, bread, cereal and frozen foods sections during the hour-long tour. The group discusses how to read labels and ingredient lists to determine the healthiest options. They also develop skills and knowledge on the importance of meal planning and creating grocery lists to improve shopping efficiency.

The dietitians also emphasize healthy substitutions for certain products to make a higher



Photo By Jim Guzior, Tripler Army Medical Center Public Affairs

**Capt. William Conkright speaks with commissary tour participants at the Schofield Barracks Commissary. Conkright explains to the group what to look for in the produce section before moving on to all the other aisles. Participants take notes, so they can complete the activity for each section.**

**Choose to Lose Program**

If you are part of the Choose to Lose program, you will receive three “Choose to Lose Bucks” for attending.

The Choose to Lose program is a healthy eating and lifestyle program, focusing on weight loss. The program is run and managed by the Schofield Barracks commissary. The 2016 program runs from Jan. 16 to April 14.

Registration for this year has closed, but will be back next year. Learn more at [himwr.com/Choose2Lose](http://himwr.com/Choose2Lose).

quality, healthier meal.

“We encourage participants to choose real, whole foods, generally found around the perimeter of the store, for optimal health,” said 1st Lt. Elizabeth Tankovich, chief, Outpatient Nutrition, USAHC-SB.

Participants are asked to complete activities in each of the sections. The group gathers after each section to share what they have found, learn about the section and have an opportunity to ask questions.

There are always surprises down the aisles of each of the sections. In some sections, there are products that would not fit the criteria to be considered a healthy product. A big surprise for participants is in the frozen foods section.

“Few frozen meals are actually healthy. Everyone asks why there is so much sodium. It’s frozen after all,” stated Conkright.

The answer is , sodium is typically used as a preservative. In frozen meals, sodium also has a lot to do with being a flavor enhancer.

The commissary tour program is for the whole family, not just Soldiers. It is important for the whole family to be on the same pathway to health and readiness. If only one parent, who may not do the shopping and cooking, is the only one getting the messaging, then the message is not effective.

The tours have been a success so far. Participants have provided a lot of positive feedback; some even start shopping immediately.

“The commissary tour program increases the participants’ confidence in choosing healthy groceries,” stated Tankovich. “The program also ultimately promotes more homecooked, balanced meals for the participants and their families.”

If you have already taken the tour and want to

follow-up to see how you are doing, beneficiaries can make an appointment with a dietitian for a one-on-one health and wellness check.

**Sign Up!**

Are you ready to sign up and learn about how to make your grocery shopping healthy? Tours will be held during the following dates and times:

- March 10, 1:30 p.m.
- March 24, 11 a.m.
- April 7, 1:30 p.m.
- April 28, 11 a.m.

Space is limited to the first 20 participants who sign up. Call the Tripler Nutrition Outpatient Clinic at (808) 433-4950 now to reserve your spot.

# Soldiers and families address, pledge financial fitness at fair

Story and photo by  
**CHRISTINE CABALO**  
Staff Writer

SCHOFIELD BARRACKS — Attendees learned how to get their finances into shape during the Financial Fitness Fair held at the Nehelani, Feb. 25.

The fair showcased representatives from the Financial Readiness Program, other Army Community Service sections and local off-base organizations that offer assistance with money management. It was part of Military Saves Week, observed annually during America Saves Week.

Lt. Col. Britton London, executive officer, U.S. Army Garrison-Hawaii, signed the Military Saves Proclamation to encourage Soldiers and their families to take the pledge and make financial goals for their future.

“For my goal, I’m planning to buy a house,” said Spc. Lucely Lopez with 84th Engineer Battalion, 130th Eng. Brigade, 8th Theater Sustainment Command. “It’s not an immediate buy. It’s a three-year-goal, but I want to buy it without going through many financial hurdles.”

Lopez and other fair attendees left with free aids to help them keep up their financial goals. Members of ACS assisted attendees with finding out their credit scores using tools from the Financial Industry Regulatory Authority.

**Getting Financially Fit**

For more information about the free financial planning classes available at Schofield Barracks and other money management tips, check out the following websites:

**Financial Readiness Program**

- [www.himwr.com/financial-management](http://www.himwr.com/financial-management)

**Military Saves Week and Savers Pledge**

- [www.militarysaves.org/](http://www.militarysaves.org/)

“What I’ve been trying to do is pay my credit cards on time,” Lopez said. “For my Military Star credit card, I usually use it a little, and I monthly pay it off right away. I pay the balance in full.”

**Ready advice**

Free advice flowed during a talk about financial predators held every half hour from the Hawaii Department of Commerce and Consumer Affairs. Several accredited financial counselors also answered questions about debt reduction and resources available to attendees when the fair was over.



**Pfc. Trevor Bell with 84th Eng. Bn, 130th Eng. Bde., 8th TSC, learns about consumer protection during the Financial Fitness Fair, Feb. 25. John Tokunaga, a supervising investigator at the Hawaii State Department of Commerce and Consumer Affairs, offers Bell advice.**

financial goals, and all gathered into the Nehelani for the official proclamation signing.

“You can look beyond Military Saves Week and think of this as a lifestyle to help your future,” said Robin Sherrod, Financial Readiness Program manager.

# Help is here to navigate IEP puzzle

**NISHA JONES**  
Exceptional Family Member Program

Is your child enrolled in school and in need of special assistance? Does your child struggle with learning?

If the answer is yes to these questions, rest assured, you are not alone. Many children have difficulties in learning, particularly those children who are diagnosed with a disability. Fortunately, there are programs in place that you can access right now to help your child flourish in the school system.

Your child might be eligible for an Individualized Education Plan (IEP) or a 504 plan. Both the IEP and 504 were established to help children with disabilities maintain equal footing throughout the educational experience.

**Defining IEP and 504**

The IEP and 504 are programs created by the school in conjunction with input from the family and other supports to make necessary accommodations to support children with disabilities in order to make the educational experience a level playing field for all children.

If you need help with this process or with understanding how to go about getting this accommodation for your children, you can contact the Exceptional Family Member Program (EFMP) and work with a systems navigator who can guide you through the process – from requesting the eligibility of an IEP all the way through the appropriate implementation of the IEP by the school.

**Navigator role**

The EFMP systems navigators have been assisting families through the IEP process for several years and have established relationships with schools, both on and off post.

“Navigators provide a level of support to the fam-

ilies we serve that is unparalleled,” said Leonard Webster, EFMP program manager. “They are truly looking out for the best interest of your child.”

While a family may attend one or two IEPs a year, a navigator may attend 40 to 50 a year. This participation allows them to gain insight into the needs of children that makes them uniquely qualified to provide advocacy to your family through this confusing process.

When asked how to effectively support families, one systems navigator stated, “Sometimes you need to speak up and take a very active role in advocating for the rights of our children and families; sometimes you just need to be present and supportive to let families know they are not alone, which inevitably empowers the family.”

This exemplifies the EFMP’s involvement in supporting the many families through, not only the IEP process, but a broad array of services available.

Having the involvement of the EFMP can alleviate some of the stress on your family because you can be assured that you are not the only person advocating for your child. The EFMP takes a professional and child-focused approach to ensuring the validity and appropriateness of the IEP or 504.

*(Editor’s note: EFMP is part of Army Community Service, Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii.)*

**Points of Contact**

Find support, advocacy, education and encouragement, and the support and services offered by EFMP. For more information on where you can find assistance, call 655-4227 or visit [www.himwr.com](http://www.himwr.com).



Courtesy photo

**HONOLULU — The upcoming Waialua Festival will offer EK Fernandez rides, like here at a recent Punahou Carnival, along with fairway games, entertainment and local foods, March 4 to 6.**

# North Shore area readies for return of a community festival

**WAIALUA FESTIVAL FOUNDATION**  
News Release

WAIALUA — The Waialua Festival Foundation is pleased to announce the coming of its first Waialua Carnival to be held at the Waialua High and Intermediate School from March 4 to 6.

The celebration will feature the EK Fernandez Midway of rides and games, famous live entertainment and lots of delicious local foods.

Enjoy bands such as Culture Nation, Na Wai Ho’olu’u O Ke`Anuenue, Rodney Lopez, Pineapple Squeeze, Cover 5 and more.

The kids, and the kids at heart, will love

the famous EK Fernandez midway of thrilling rides while everyone enjoys some of the famous North Shore delicacies. Also, try your luck at some of the exciting games and win a prize.

It will be a great opportunity to see some old friends and classmates. Pull up a chair and enjoy a full slate of live entertainment under the shade of the big top.

This event will be the North Shore’s first full-sized carnival since the Haleiwa Sea Spree was last seen almost 15 years ago. The carnival is designed as an annual fundraiser to benefit special projects at Waialua High and Intermediate School.

We look forward to seeing you there!



# Panel explores customized health care for military

**AMAANI LYLE**  
DoD News, Defense Media Activity

WASHINGTON — Medical practitioners, patients, researchers, data analysts and the assistant secretary of defense for health affairs convened at the White House Precision Medicine Initiative (PMI) Summit to highlight innovation and technology strides in preventive and enhanced care for veterans and service members, Feb. 25.

President Barack Obama hosted the event and said that, since his January 2015 launch of PMI, the administration has made significant collaborative progress advancing a new era of medicine that delivers customized, proactive treatment to veterans and service members.

“One of the promises of precision medicine is not just giving researchers or medical practitioners tools to help cure people, it is also empowering individuals to monitor and take a more active role in their own health,” Obama said. “What we’re now seeing is the possibility of us identifying diseases, targeting them, individualizing treatments for a particular patient and operating with the kind of precision that promises to reduce costs, provide much better care and make our entire health care system much more effective.”

Obama called the PMI era an “incredibly exciting” time for medicine, particularly in biological sciences, with many successes stemming from the human genome mapping project, which was completed in 2003.

“With the advance of computers, big data, we are now seeing a rapid acceleration in making that process cheaper,” Obama said. “It is spurring on a whole new set of understandings about how diseases operate, how the human body and cells operate.”

**Accelerated discoveries**

In addition to prevention, he said the key is to develop electronic medical record databases



Photos by EJ Hersom, Department of Defense

**President Barack Obama speaks during a panel discussion for the White House Precision Medicine Initiative Summit in Washington, D.C., Feb. 25. The panel included Dr. Jonathan Woodson, assistant secretary of defense for health affairs, as well as researchers and patients who discussed ways to improve health care for veterans and patients nationwide.**

and pool that data for researchers and scientists to accelerate the cure discovery process.

According to Obama, the Department of Veterans Affairs, which has long been gathering genomic data on service members, will be able to better leverage big data to connect with universities and streamline research endeavors.

“My hope is that this becomes the foundation, the architecture, whereby 10 years from now, we can look back and say that we have revolutionized medicine in areas like cancer, or Alzheimer’s, or some of the diseases that cause so much pain and suffering for so many families all across the country.”

The president noted “huge interest” from the public and private sector, nonprofits and more than 40 organizations that have joined PMI to develop a new set of initiatives.

“There’s no better place to do it than the United States of America, where innovation and (research and development) has been the hallmark of driving not only our economy, but the improvements that we’ve seen in life expectancy and the quality of life for people all around the world.”

**Revolutionizing research**  
Assistant Secretary of Defense for Health Affairs

“If we do this right, if we share data, if we get effective treatment sooner, we’ll reduce the overall cost because we won’t be wasting money on treatments that don’t work. So, there’s a business case to be made for approaching research in this way.”

— Dr. Jonathan Woodson  
Assistant Secretary of Defense for Health Affairs

fairs Dr. Jonathan Woodson emphasized that PMI has now already positively impacted the landscape for veteran health care.

“This is revolutionizing the way we’re going to do business and be able to affect treatment, cures and the populations that we serve,” he said.

Often Soldiers, Sailors, Airmen and Marines returning from deployments may be affected in different ways based on their genetic make-up, Woodson explained.

“In terms of things like Gulf War Syndrome, exposure to burn pits and all of these issues we’ve been grappling with, (PMI) turns our research in a new direction to find cures for these problems,” he said. “So, not only are we talking about the everyday diseases that will affect the general population and (service members) as

See **HEALTH CARE**, B-5

## POSTER CONTEST



Contest entry artwork provided by Raphael Suarez, 1st grade.

## Employers hiring spouses now

**DOD NEWS**  
Defense Media Activity

WASHINGTON — The Defense Department today announced, Monday, that the Military Spouse Employment Partnership program has now partnered with 300 employers, according to officials from the DoD Spouse Education and Career Opportunities Office.

The program, launched in June 2011 by Jill Biden, wife of Vice President Joe Biden, is an employment and career partnership connecting military spouses to partner organizations and companies who have committed to recruit, hire, promote and retain military spouses in portable careers.

“This is such an exciting and important milestone for the program and for the thousands of military spouses around the world who search for meaningful employment and career opportunities,” said Rosemary Williams, deputy assistant secretary of defense for military community and family policy.

“The Military Spouse Employment Partnership addresses the employment challenges facing military spouses while providing partner employers with access to a pool of highly qualified military spouses,” she said.

The partnership includes corporations, small businesses and other organizations that

post job openings on the Military Spouse Employment Partnership Career Portal, mentor military spouses and other employers, and provide employment data on military spouses hired, officials said.

“The talent of military spouses can strengthen the economy, military families, the Defense Department and the nation,” said Eddy Mentzer, associate director of the family readiness policy for DoD’s military community and family policy office. “Partnership companies and organizations have hired more than 90,000 military spouses.”

The partnership is part of DoD’s Spouse Education and Career Opportunities Program, which seeks to reduce the significant unemployment rate and wage gap currently experienced by military spouses.

**Online Resources**

The Military Spouse Employment Partnership website features job listings and additional free web links for resume assistance and tips for job interviews for free. Visit <https://msepjobs.militaryone source.mil/msep/>.



## The ‘fix’ is in to address pet overpopulation, and it begins at home

I told the folks at the local dog park that they wouldn’t be seeing Moby, our 1-year-old yellow Lab, for a couple of weeks.

When I explained why, the men in the group collectively cringed and hitched their



Photo courtesy of Lisa Smith Molinari

**The author encourages pet owners to spay and neuter like she recently did with her dog Moby. Approximately 2.7 million pets are euthanized per year according to the American Society for the Prevention of Cruelty to Animals.**



knees together.

The appointment was first thing on a Monday morning.

Moby loped out of our front door into the crisp morning air, just like he always does, his stout wagging tail on one end and a big sloppy smile on the other.

I opened the minivan’s rear door, and Moby jumped right in. He probably thought we were driving to the beach to chase balls and eat dead fish, or to the commissary, so he could sneak into the front seat and stare at the entrance waiting for me to come back out, so we could go chase balls again.

But instead, we took a longer trip, 25 minutes northward. I pulled into the closest available parking space at the veterinary clinic, hopped out and opened the back door.

“Hey Lil’ Buddy! C’mon, this is going to be fun!” I said.

Moby has never been the sharpest tool in the shed. In fact, he’s a bit of a blockhead, but even he knew something was up. He was hesitant to jump out, wondering why I had left the balls in the car. When I tugged at his collar, he pulled back, causing all his neck flub to bunch up around his face.

Finally, Moby noticed that the air outside the minivan was a veritable cornucopia of odors, so he jumped out to investigate. There were years’ worth of animal pheromones, territorial markings and nervous involuntary spillage in that parking lot.

On my way to the clinic door, the leash stopped with a jolt while Moby sniffed, then licked, then marked a tuft of dead grass peek-

ing through a crack in the asphalt.

Let him have his fun, poor guy.

In the waiting room, Moby wasn’t sure if he should hide or jump for joy. On one hand, there were lots of fun-looking dogs and people in there, and even one small hissy thing that made a peculiar yowling sound. (Moby had never seen a cat before.) But, on the other hand, there were unfamiliar smells in that waiting room, like medicine and disinfectant and fear.

Before Moby’s blockhead could figure it all out, the veterinarian’s assistant was leading him away. I watched his tail wag as he looked up at her and knew that he thought he was going somewhere to chase balls.

Oh, the irony.

Several hours later, Moby was back in the minivan, stunned at having been robbed of his virility, and wondering why there was a ridiculous cone around his head.

The physical pain in his nether regions was a mere annoyance compared to the humiliation of the cone. It soon became the bane of his existence. He knocked lamps over, he spilled his water and the neighbors laughed at his pitiful state. Worst of all, it got in the way of chasing balls.

At the end of the week, when Moby had accepted the fact that he would be wearing that blasted cone the rest of his life, it suddenly cracked and fell off while he was rolling in the snow. Moby stared at the cone a moment, not sure if he should be sad at losing another appendage or happy to be rid of it.

Instinct took over, and Moby pounced onto the cone, grabbing and shaking it with all his might.

Killing the cone restored Moby’s faith in his lingering masculinity, and as he trotted back to the house with his head held high, I could almost hear him say, “Nothing will ever get between me and my balls again.”

Every year, millions of homeless dogs and cats are needlessly euthanized due to the overpopulation crisis in the U.S. Spaying and neutering is the best way to control overpopulation.

**Author’s Notes**

Every year, millions of homeless dogs and cats are needlessly euthanized due to the overpopulation crisis in the U.S. Spaying and neutering is the best way to control overpopulation.

Although Army Public Health Command suspended routine surgeries at all military base vet clinics in 2014, affordable spaying/neutering programs are available on the economy for anyone who needs them.

At [www.humanesociety.org](http://www.humanesociety.org), you can use a spay/neuter widget to find low-cost services within 50 miles of your zip code. Furthermore, the site has a list of hundreds of organizations across the U.S. that offer financial aid for pet care and surgeries.

And if you need pet fostering while on deployment, reputable organizations such as [dogsondeployment.org](http://dogsondeployment.org), [guardianangelsforsoldierspet.org](http://guardianangelsforsoldierspet.org) and [pactforanimals.org](http://pactforanimals.org) offer long-term fostering. Give your milpets the good care they deserve.

(A 20-year military spouse and mother of three, Molinari has plenty of humor to share in “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and at [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com).)





Photo by Jenae Wittmann, U.S. Army Health Clinic-Schofield Barracks

**Spc. Brittany Kalkwarf, a radiology tech at U.S. Army Health Clinic-Schofield Barracks, operates a mammography machine at the clinic’s Radiology Department. The clinic now has extended hours for walk-in and scheduled appointments.**

# USAHC-SB advances its fight against breast cancer

**SPC. ANGELIQUE JEFFERSON**  
U.S. Army Health Clinic-Schofield Barracks

SCHOFIELD BARRACKS — The U.S. Army Health Clinic, here, is always looking for ways to enhance the delivery of world-class medical care to its patients. The Mammography Clinic has found a way to advance this mission. The clinic, which falls within the Radiology Department, recently expanded its hours of operation to improve patient access to care. The new schedule became effective Feb. 22 and is as follows: Mondays and Tuesdays, 7:30 a.m. to 3 p.m.; Wednesdays through Saturdays, 7:30 a.m. to 5 p.m. Scheduled appointments are available and the clinic will take walk-ins. Spc. Brittany Kalkwarf, a radiology tech at USAHC-SB who is certified in mammography, said the new Saturday appointment hours should not only improve access to care, but also may better accommodate female patients who often juggle multiple responsibilities throughout the week. In addition to the extended hours of operation, Mammography Clinic patients will benefit from newer, more state-of-the-art breast cancer screening equipment. According to Kalkwarf, the new equipment is more reliable and effective and ultimately further enhances her ability to daily screen additional patients. “It is said that one in every eight women will develop breast cancer in their lifetime, which is why breast cancer detection is so important in our community. The ear-

### Screening Tips

General breast cancer prevention screening requirements of eligibility are as follows for the clinic:

- Must be over the age of 40.
- Female.
- Not currently pregnant or breastfeeding.
- At least eight months post breastfeeding.
- No new lumps, bumps or pain in your breast.
- No personal history of breast cancer.

If you meet the requirements of eligibility or have any questions, contact the Mammography Clinic at (808) 433-8361. The clinic is located in Bldg. 685, and is taking walk-ins and appointments, Mondays and Tuesdays, 7:30 a.m. to 3 p.m., and Wednesdays through Saturdays from 7:30 a.m. to 5 p.m. Female beneficiaries who suspect a lump, bump, nipple discharge or any additional breast health concerns are asked to contact their primary care manager right away to schedule a diagnostic examination.

lier the radiologists can diagnose it, the quicker a patient can begin treatment towards the road for full recovery,” she said. Female beneficiaries are reminded that they don’t have to wait until Breast Cancer Awareness Month in October to think about their breast health.



**Veterans Affairs Secretary Robert McDonald, second from left, speaks during a panel discussion for the White House Precision Medicine Initiative Summit in Washington, D.C., Feb. 25.**

## Health Care: Panel discusses initiatives

CONTINUED FROM B-4

they get older, but the specialized issues we deal with as a result of deployments that may have a genetic basis will have new avenues for research and for potential cures.” PMI, Woodson asserted, will help enhance health care and move beyond the issues associated with aggregated computer data and data sharing abilities to bring a swifter pace of finding answers to complex disease problems. Woodson said the president “hit the nail on the head” in terms of the financial impact of the initiative. “If we do this right, if we share data, if we get effective treatment sooner, we’ll reduce the overall cost because we won’t be wasting money on treatments that don’t work,” Woodson echoed. “So, there’s a business case to be made for approaching

research in this way.”

**VA initiates**  
VA Secretary Robert McDonald said his department is working in earnest to remove structural or institutional barriers. He pointed to initiatives such as the “My VA Program,” which promotes veterans to think of the VA as their own, customized health care system, he said. “Rather than looking at every issue from the bureaucracy to the veteran, we now look at everything from the veteran back to the bureaucracy,” McDonald said. McDonald noted that the VA has recently trained its employees on a “human-centered design” technique, with the ultimate goal of becoming the leading government organization for customer service.

## Cholesterol levels impact heart health

**TRICARE**  
News Release

Cholesterol plays an important role in the health of your heart. A build-up of cholesterol and other deposits can block arteries and lead to coronary artery disease (CAD) – the most common type of heart disease in the United States. Knowing if you have high cholesterol is important because it is one of a number of factors that determine your risk for CAD. According to the Centers for Disease Control and Prevention, for some people, the first sign of CAD is a heart attack. Certain lifestyle choices such as smoking, physical inactivity and diet also increase your risk.



Courtesy photo

**TRICARE offers covered cholesterol testing every five years for adults who are 20 years old and older. Cholesterol levels can determine the likelihood of having coronary artery disease.**

### Podcasts

Listen to TRICARE’s weekly podcast for a recap of this week’s TRICARE news:

- Heart Health & Cholesterol,
- National Children’s Dental Health, and
- Breathing.

Visit the TRICARE Media Center at [www.tricare.mil/podcast](http://www.tricare.mil/podcast).



# TAMC TIP

## Reading food labels



Have you ever wondered where on the nutrition facts label it tells you how much added sugar, salt or fat is in a product you buy?

The answer is, you have to look at both the nutrition facts label and the ingredients label. For example, the nutrition facts label will list all sugars found in the product, both naturally occurring and/or added sugar. By looking at the ingredients list, you can see if a product has added sugar in it. There is no way to know the exact amount of added sugar in a product. Ingredients are listed in descending order by total amount used in the product, so the ingredients used in the highest volume in a product are listed first and smaller amounts are further down the ingredients’ list.

If a product has sugar listed as one of the first few ingredients, there is likely a large amount of added sugar in the product. If it is towards the end, then the product only contains a small amount of the ingredient. *(Editor’s note: Information provided by Capt. William Konkright, chief, Tripler Nutrition Outpatient Clinic.)*



Photo by Christine Cabalo, Oahu Publications

**Nutrition labels list the ingredients with the highest amounts first, according to Capt. William Konkright of the Tripler Nutrition Outpatient Clinic.**

